



TAKING CHARGE OF MY LIFE AND HEALTH FACILITATOR TRAINING TRAIN THE TRAINER COURSE

Taking Charge of My Life and Health Train the Trainer (TCMLH-TTT) is an experiential, 5-day virtual training, designed to equip education specialists and others, with skills necessary to train Whole Health Facilitators to implement Taking Charge of My Life and Health - Facilitator Training (TCMLH FT), for Veterans.

TIME COMMITMENT:



1 hour orientation
5-day training
25 course hours

COURSE FORMAT:



Virtual learning (Zoom)
Class discussion
Partner activities
Small Groups

*Daily tech support will be available

LEARN SKILLS TO TRAIN OTHERS IN:

- Articulating what really matters to them in their lives, by exploring their life mission, aspirations, and purpose
- Utilizing the Personal Health Inventory (PHI) to identify areas of health that are strengths as well as areas they may want to enhance in order to support what matters to them
- Setting SMART goals and Action Steps to enhance their area of focus
- Gaining support they need to carry out their goals and action steps
- Learning the practice of mindful awareness

REGISTER HERE

For more information, contact:
opcccteducationteam@va.gov

What is important about having a certified Train the Trainer in your Whole Health staff?

The Whole Health Pathway is transforming the VA health system to equip and empower Veterans in taking charge of their health and wellbeing.

- The TCMLH course approach is built on the principles of empowerment. It has shown to be effective in supporting Veterans to identify 'what matters most' and to take action in moving towards their life, health and wellbeing goals.
- With staff changes and newly hired Whole Health Pathway positions, having an experienced trainer available will allow flexibility to train staff to deliver TCMLH courses, as needed.
- Additionally, the benefits of being in a group reduces feelings of isolation and can increase social support, which has proven to promote health and wellbeing.
- Therefore, having a greater number of certified trainers will allow for the training of more VA staff, who will in turn, reach a greater number of Veterans, who will experience these individual health and wellbeing benefits.

WHO SHOULD APPLY

- Newly identified Network Wide Whole Health Education Champions
- VA staff who are identified as the VISN Trainers, by the Network Wide Whole Health Education Champions
- VA staff who have already attended Taking Charge of My Life and Health and the Whole Health Coaching Foundation Course and have experience facilitating groups, have dedicated time to lead future trainings and ability to become successful trainers
- Examples of VA staff include, but are not limited to:
 - Network wide Education Coordinators, Whole Health Education Champions, Health Behavior Coordinators, Health Promotion and Disease Prevention Coordinators, Highly Skilled WH Coaches, Whole Health Program Manager, Patient Centered Care Coordinator